



### Senior Center Staff

Jessica Zink	Supervisor
Christine Reinson	Clerk 2
Carmella Varga	Clerk 3
Xiomara Espinal, Jenny Meshriky	Drivers

### Department of Parks, Recreation, & Community Services

Lou Ann Benson  
Director & Municipal Alliance Coordinator  
732-247-0922, ext. 475

### Important Phone Numbers

Senior Center	732-418-2222
Roundtrip	877-396-8080
Middlesex County Area Transit (MCAT)	800-221-3520
Municipal Building	732-247-0922
Department of Public Works	732-297-1134
Library	732-246-3545
North Brunswick Police	732-545-3200
Emergency	9-1-1

# *March*

# *Senior Sage*



North Brunswick Senior Center

15 Linwood Place

732-418-2222

Fax 732-418-3665

Email: [TWPNBseniors@northbrunswicknj.gov](mailto:TWPNBseniors@northbrunswicknj.gov)

Hours of Operation: 8:30 am– 4 pm

The Senior Center is your home away from home. We are happy to have you join us any weekday from 8:30 am to 4:00 pm. The Senior Center is an active, comfortable place to spend some time, meet with other seniors, and to enjoy your leisure hours.

# Special Events & News

**\*PLEASE REGISTER FOR ALL PROGRAMS AND SPECIAL EVENTS\***

## **AARP TAX AIDE:** Mondays & Wednesdays.

By appointment only, following a **Same Day Drop Off Model**.

### **PLEASE READ REQUIREMENTS:**

The AARP Foundation Tax-Aide Program provides tax preparation help to anyone, free of charge, with a special focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

The North Brunswick Senior Center has worked with the Tax-Aide Program for many years, and we are pleased to be able to work with them once again this year 2022 for Tax Year 2021.

Because of the coronavirus pandemic, how the AARP Tax-Aide's IRS-certified tax counselors prepare people's taxes will be different this year from previous years. They will prepare your return following the IRS and Tax-Aide requirements for a **Same-Day Drop-Off Model**.

A Pre-Appointment Packet containing information on the Same-Day Drop-Off service, tax forms that you need to fill out before your scheduled appointment can be picked up in advance at the senior center.

At the time of your appointment, you will "drop off" all your tax forms like W2, 1099 etc. and the filled in pre appointment packet at the Senior Center. The Tax-Aide Volunteers will inventory your tax documents and ask you to verify that inventory. After that, you may leave the Center or stay in another section of the Center. To protect your safety and that of the tax counselors, you will not be sitting with the tax counselors when they prepare your return as you have in the past.

You will interact with the tax counselors by telephone to provide information about your return and answer questions the tax counselors have. You also will be given a time to return to the Center the same day to pick up your tax documents and tax return and sign an IRS form that will allow the tax counselors to electronically file your return. You will be asked to verify that all the documents you provided to the tax counselors were returned to you.

### **SENIOR DATA**

In order to assure we have your proper mailing/phone information, please fill out a Data Sheet.

**Any events/programs that have a fee/cost must be paid for and signed up for in the office.**

### **Refund Policy:**

In accordance to the Department of Parks, Recreation, & Community services policy – all Senior Center trips & activities are **NON-REFUNDABLE**

# Club Corner

Senior Club members will receive communication from your Club Presidents when meetings are scheduled.

**AARP Chapter #3885:** If you believe in paying it forward and enjoying yourself, come join the local chapter of AARP! Only those who are members of the national AARP are eligible to join. Dues are only \$10.00 a year.

Join us for trips, parties, speakers, & entertainment. Past activities everyone enjoyed were lunch & concerts at Hunterdon Hills Playhouse, an overnight trip to Cape May, St. Patrick's Day celebrations, and Christmas parties, just to name a few.

Last but not least, join us in raising money to give back to the community to support local organizations & makes lives brighter those less fortunate.

Membership meetings– 1st Monday of every month at 12:30 pm.

For further information about the chapter contact: Patricia Wright 908-239-6089

**Pioneers:** Our motto is "*teamwork and friendship*," make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st Wednesday of the month at 1 pm. Now for the best news, our annual membership is only \$5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact Donna Carolan, President, for more information 732-297-4654.

**Friends of the Senior Center:** The Friends were formed to promote the Senior Center as a focus of activities, programs, and services for all senior citizens of North Brunswick. They meet once a month and discuss upcoming events, trips, issues, and services at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many items to enhance the Senior Center. Pat Murphy, President 732-821-5980.

### **North Brunswick Governing Body**

Mayor Francis "Mac" Womack III  
Council President Bob Davis  
Councilman Ralph Andrews  
Councilwoman Amanda Guadagnino  
Councilman William Lopez  
Councilman Rajesh Mehta  
Councilman Carlo Socio

### **Please note:**

Copies of the Senior Sage will be available to pick up at the Senior Center or can be accessed on line.

Please keep checking Channel 15, the website, and Senior Center for additional programs that are added throughout the Month.

# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 am– 10 am Zumba w/ Millie 10:30 am– Walking Club 12 pm– Gardening/Craft Club	2 9:30 am– Line Dancing 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>12– Wellspring HealthEASE program</b>	3 9– Wood Carvers 11 am– 11:45 am Chair Yoga w/ Donna	4 9:30– 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	5
6 <b><u>Masks are REQUIRED AT ALL TIMES.</u></b> Masks must be worn properly, covering your nose. If you cannot comply with wearing a mask, you cannot at- tend programs. Thank you for your continued cooperation.	7 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning <b>1– Mobile Family Success Center BINGO</b>	8 9:30 am– 10 am Zumba w/ Millie 10:30 am– Walking Club 12 pm– Gardening/Craft Club	9 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>12– Wellspring HealthEASE program</b>	10 9– Wood Carvers 11 am– 11:45 am Chair Yoga w/ Donna <b>12– Right at Home presents Driving with Dementia</b>	11 9:30– 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	12
13	14 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning <b>1– NJ Hope and Healing: Resiliency, Self-Care, &amp; Simple Stress Management Tips</b>	15 9:30 am– 10 am Zumba w/ Millie 10:30 am– Walking Club 12 pm– Gardening/Craft Club	16 9:30 am– Line Dancing 9:30 am– Mah Jongg <b><u>10– FRIENDS MEETING</u></b> 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>12– Wellspring HealthEASE program</b>	17 9– Wood Carvers <b>10– BOCCE (weather permitting)</b> 11 am– 11:45 am Chair Yoga w/ Donna <b>12– GLITTER HOOPS 12– 1 St. Patrick’s Grab and Go</b>	18 9:30– 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn	19
20	14 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	22 9:30 am– 10 am Zumba w/ Millie 10:30 am– Walking Club 12 pm– Gardening/Craft Club	23 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>12– Wellspring HealthEASE program</b>	24 9– Wood Carvers <b>10– BOCCE (weather permitting)</b> 11 am– 11:45 am Chair Yoga w/ Donna <b>12– GLITTER HOOPS</b>	25 9:30– 10 Zumba w/Millie 11- 11:30 am Strength & Cardio w/Jaclyn <b>12– Movie Social “House of Gucci” provided by NB Public Library</b>	26
27	28 11:30 am-12:15 pm Chair Yoga w/Jaclyn 12:20 pm-12:50 pm Zumba Toning	29 9:30 am– 10 am Zumba w/ Millie 10:30 am– Walking Club <b>10:30 am-12 pm Blood Pres- sure/Blood Sugar Screening St. Peter’s</b> 12 pm– Gardening/Craft Club	30 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am Strength Training/Tai Chi w/Donna <b>12– Wellspring HealthEASE program</b>	31 9– Wood Carvers <b>10– BOCCE (weather permitting)</b> 11 am– 11:45 am Chair Yoga w/ Donna <b>12– GLITTER HOOPS</b>		



# Transportation Information

You must BE PRE-REGISTERED and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township

Transportation Services.

Contact the Senior Center office AT LEAST 2 days in advance to set up an Appointment 732-418-2222.

The transportation service is provided by Roundtrip using LYFT vehicles. The cost of this program is subsidized by the Township.

You will need to prepay for your rides (\$25 minimum). Forms are available at the Senior Center, 15 Linwood Place. You can mail in your payment or pay at the Senior Center.

Each qualified North Brunswick Township senior age 62 & over (who does not drive or have an active license) will complete a passenger data sheet. Returning participants do not need to reapply for the program. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Transportation Program.**

1. Rides will be **\$2 EACH WAY** within **North Brunswick** using **North Brunswick Transportation with the exception of trips to the North Brunswick Senior Center, trips to the Senior Center will be \$1 each way.**
2. Rides originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going **outside of the Township**
3. **limits in any direction (up to 10 miles in total travel per one way trip)** will be **\$3 EACH WAY.**
4. **You must call AT LEAST 2 days in advance to schedule your appointment at the Senior Center 732-418-2222.**
5. **Weekend and after hours appointments (between 8:30 am – 4 pm) can be made in advance through the Senior Center office. For Pick ups after hours call 877-396-8080.**

# Programs & Trips

Register for trips at the Senior Center

Return Times are Approximate.

## Drink Policy

For now please bring your own drinks.  
Please socially distance while hydrating.

## Gardening & Craft Club

12 pm–1 pm

3/1, 3/8, 3/15, 3/22, 3/29

(Unless otherwise noted)

## New Spin on Fitness!!

**Adult Hula Hoop Fitness!!**  
Dance and Exercise with hoop maneuvers.

**“Glitter Hoops”**

**12 pm– 1pm**

**Thursdays: 3/17, 3/24, 3/31, 4/7, 4/21**

**Taught by Agnes Carbone**

## EXERCISE PROGRAMS!

### Mondays

11:30 am-12:15 pm

Chair Yoga with Jaclyn

**\*12:20 pm-12:50 pm Zumba Toning\***

### Tuesdays

**10:30 am-12 pm Walking Club  
at EB Mall**

9:30 am-10 am Zumba with Millie

### Wednesdays

9:30 am– Line Dancing

11 am-11:45 am Strength Training & Tai Chi with Donna

### Thursdays

11 am-11:45 am Chair Yoga/Tai Chi with Donna

### Fridays

9:30 am-10 am Zumba with Millie

11 am-11:30 am Strength & Cardio with Jaclyn

## MOVIE SOCIAL!

Daniel Craig, as James Bond  
in “No Time to Die”

3/25/22 12 pm

Provided by North  
Brunswick Library

Mobile Family Success Center of  
Middlesex County St. Patrick’s  
Day Bingo  
3/7/22 at 1 pm

**Masks are required at this  
time to attend  
indoor programs.  
This is subject to change.**

